**Food Distribution List**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Meals & Items** | | **What** | **How Much** | **Who’s Carrying** | **How Much** | **Bought?** |
| **Dinner** | | | | | | |
| **Carb?** |  | |  |  |  |  |
| **Veggies?** |  | |  |  |  |  |
| **Protein?** |  | |  |  |  |  |
| **Sachet of Soup?** |  | |  |  |  |  |
| **Breakfast** | | | | | | |
| **Powdered Milk** | |  |  |  |  |  |
| **Cereal [bring 2 bags per person] – solo purchase or shared?** | |  |  |  |  |  |
| **Lunch** | | | | | | |
| **Wraps** | |  |  |  |  |  |
| **Protein [Boiled Egg / Tuna / Salmon / Salami / Avocado [in Tupperware] / Beans / Hummus]** | |  |  |  |  |  |
| **Veg [Carrots / Spinach / Cucumber / Bell Pepper]** | |  |  |  |  |  |
| **Fruit [apples / oranges]** | |  |  |  |  |  |
| **Packet of Biscuits?** | |  |  |  |  |  |
| **Museli Bars?** | |  |  |  |  |  |